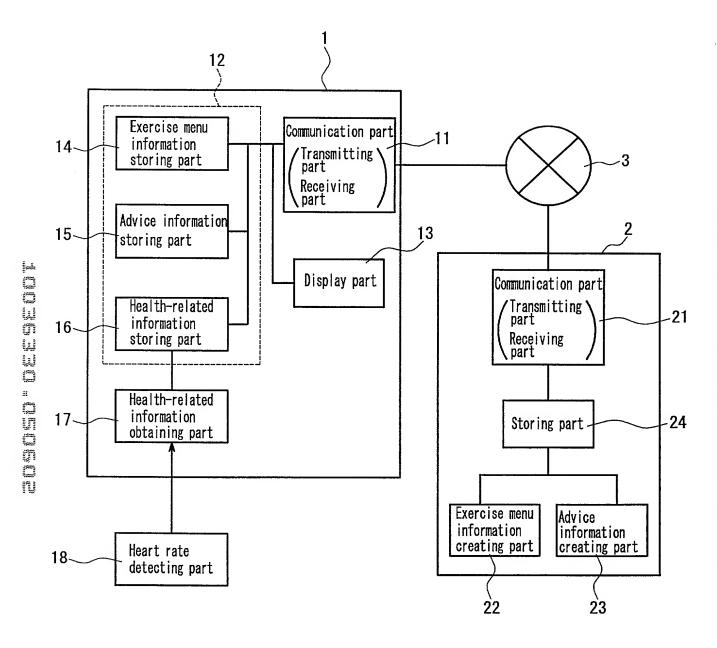
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F I G. 1

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Day of the week	Target heart rate			
	120-140	140-160	160-172	>172
Monday	40 minutes	40 minutes		
Tuesday			15 minutes×3	
Wednesday				
Thursday	40 minutes	20 minutes		3 minutes × 3
Friday				
Saturday	40 minutes	40 minutes	40 minutes	
Sunday	60 minutes			

F I G. 2

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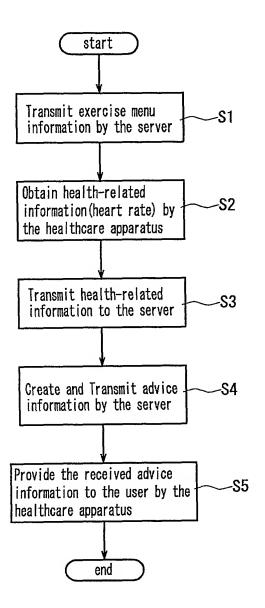
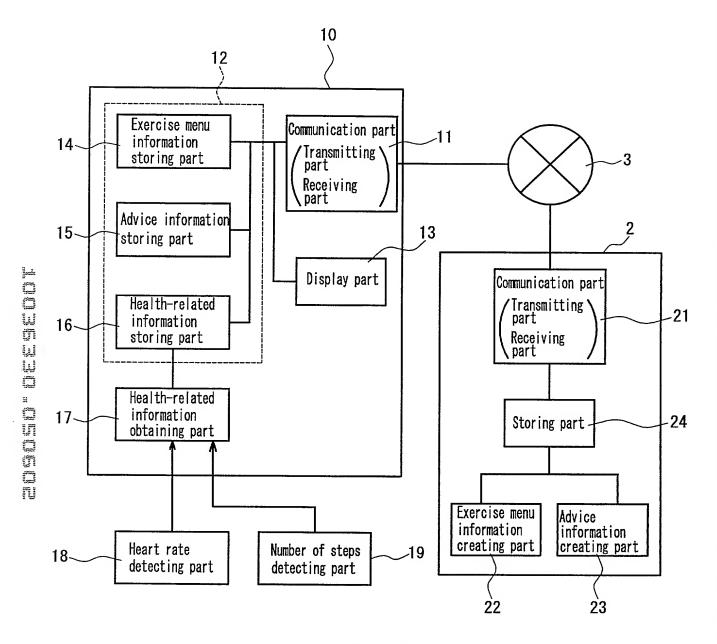


FIG. 3

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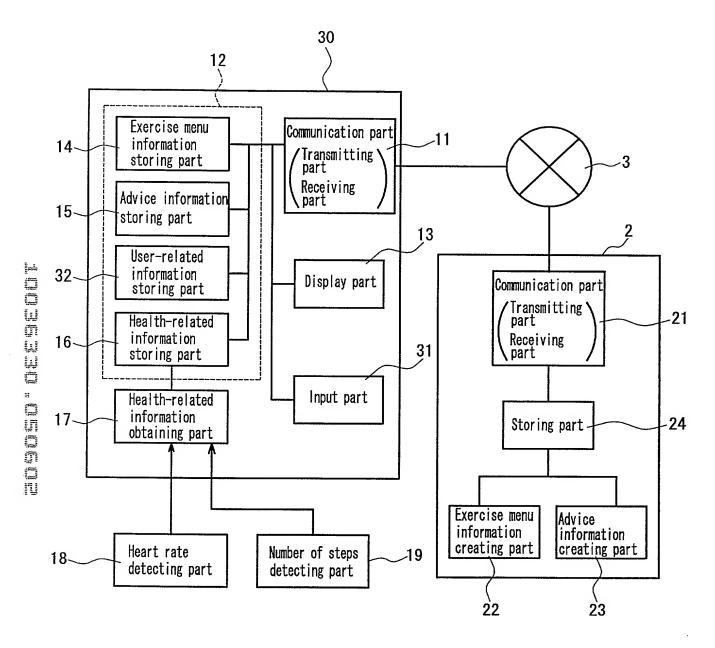
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F I G. 4

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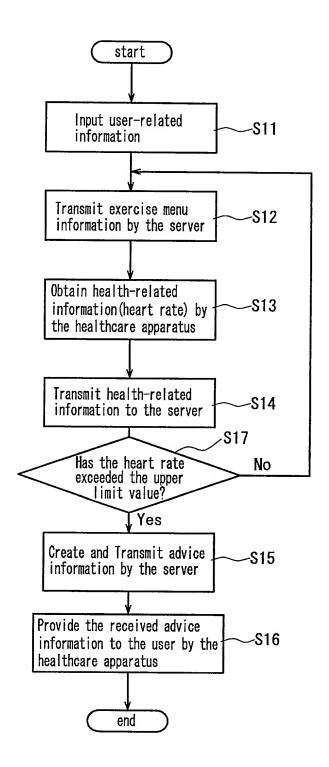


F I G. 5

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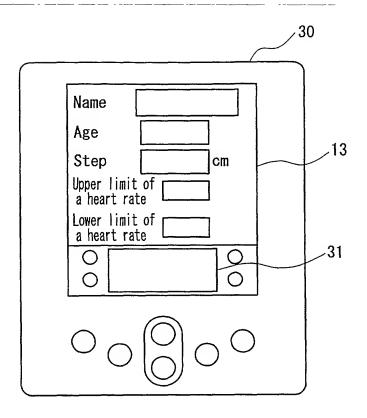
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F I G. 6

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F I G. 7

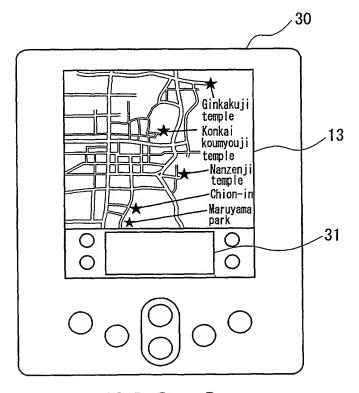


FIG.

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Display part 43 Communication part RAM 41 **CPU** Input part 45~ ROM 42 Storing part Competition information storing part **-51** Personal information _52 storing part Skill -53 information Skill information - 54

F I G. 9

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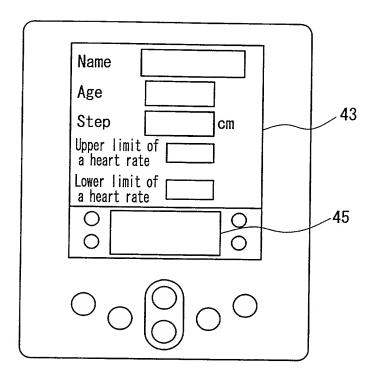


FIG. 10

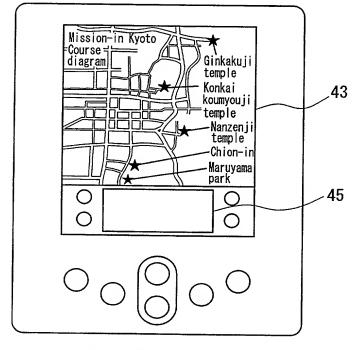


FIG. 11

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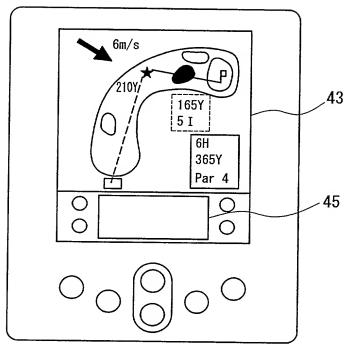


FIG. 12